



## Disaster and Emergency Management Resources

### Preparing a Family Disaster Supply Kit

A family disaster supply kit will prepare you for the possibility that you may be confined to your home following a disaster event. The possibility exists that a disaster could cut access to your home as well as water, electricity, and telephones service. **You should plan on a minimum of a three-day supply of essential supplies. Up to two weeks worth of essential supplies may be indicated if you live in an isolated area.** Following is a list of essential items.

#### **Water**

- Buy bottled water or store water in plastic containers such as soft drink bottles (if stored in a plastic container, change it every six months).
- Plan on one gallon of water per person per day for drinking and food preparation.
- If a disaster catches you without an adequate supply of clean water, you can use water in your hot-water tank.

#### **Food**

- Select compact and lightweight foods that require no refrigeration, preparation, or cooking, and are compact and lightweight. They include:
  - Ready-to-eat canned meats, fruits, and vegetables
  - Canned juices, milk, soup (if powdered, store extra water)
  - Staples - sugar, salt, pepper
  - High-energy foods – peanut butter, jelly, crackers, granola bars, trail mix
  - Vitamins
  - Foods for infants, elderly persons, or persons on special diets
  - Comfort/stress foods - cookies, hard candy, sweetened cereals, lollipops, instant coffee, tea bags
- Make sure you have a can opener and disposable utensils. And don't forget nonperishable foods for your pets.
- Keep canned foods in a dry place where the temperature is fairly cool--not above 70 degrees Fahrenheit and not below freezing. To protect boxed foods from pests and extend their shelf life, store the boxes in tightly closed cans or metal containers.
- Rotate your food supply. Use foods before they go bad, and replace them with fresh supplies, dated with ink or marker. Place new items at the back of the storage area and older ones in front.

### **First-Aid Supplies**

- Assorted sizes of safety pins
- Cleansing agent or soap
- Latex gloves (2 pairs)
- Sterile adhesive bandages and gauze pads in assorted sizes
- 2- and 3-inch sterile roller bandages (3 rolls each)
- Scissors, tweezers, and needle
- Antiseptic
- Thermometer
- Tube of petroleum jelly or other lubricant

### **Nonprescription Drugs**

- Pain reliever
- Antacid and antidiarrhea medication
- Activated charcoal (use if advised by the Poison Control Center)

### **Tools and Supplies**

- Battery-operated radio and flashlight and extra batteries
- Paper cups, plates, and plastic utensils
- Non-electric can opener and utility knife
- Fire extinguisher: small canister ABC type
- Pliers
- Tape
- Matches in a waterproof container
- Aluminum foil
- Plastic storage containers
- Paper and pencil
- Needles and thread
- Shut-off wrench to turn off household gas and water
- Whistle
- Plastic sheeting

### **Sanitation**

- Toilet paper and towelettes
- Soap and liquid detergent
- Feminine supplies
- Personal hygiene items
- Plastic garbage bags and ties (for personal sanitation uses)
- Plastic bucket with tight lid
- Disinfectant or household chlorine bleach
- Clothing and bedding
- At least one complete change of clothing and footwear per person
- Sturdy shoes or work boots and rain gear
- Blankets or sleeping bags
- Hat and gloves
- Thermal underwear
- Sunglasses

### **For Babies**

- Formula and bottles
- Diapers
- Medications

### **Suggestions and Reminders**

- Store your kit in a convenient place known to all family members.
- Keep items in air-tight plastic bags.
- Change your stored water supply every six months so it stays fresh.
- Rotate your stored food every six months.
- Consider your kit and family needs at least once a year. Replace batteries, update clothes, etc.
- Ask your physician or pharmacist about storing prescription medications.

*Adapted from resource material developed by the Federal Emergency Management Agency entitled "Are You Ready?: A Guide to Citizen Preparedness"*